

Part V. Plan for Supports

Provider: My Life Day Support Service: Day Support

<u>Outcome # and Statement</u>	List the support activities for each desired outcome (Important TO and/or important FOR)	<u>Support Instructions</u> Describe how supports need to be tailored to the individual's preferences and profile.	How often or by when?	How Long?
2. Steve walks neighborhood dogs in order to make some money and stay fit.	Walking the dogs for exercise (skill-building)	<ul style="list-style-type: none"> - Steve currently has one neighbor with two dogs that he walks 1 day a week (Sandy and Roscoe; located at 18 Sunnybrook drive). - Each Friday drive with Steve to 18 Sunnybrook Drive between 11:00 and 11:30am. - Both dogs are located behind the house in a kennel. - Steve needs hand under hand assistance with latching the leashes to each collar. - Walk with Steve and the dogs through the neighborhood, heading to the left down Sunnybrook to the circle and back to the house. - Steve knows to fill their water bowl and give them one scoop of food - he will do this on his own with reminders following the walk. - Steve receives a small check in the mail each month from the family. - Record in the support log if Steve required any reminders to fill the food dishes or provide water to the dogs. Ask Steve how he feels afterwards and record what he says and the amount of time spent walking in the support log. 	weekly	3hours

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<p>5. Steve goes out (to restaurants, local festivals and sporting events) with his friends to have fun and meet new people.</p>	<p>Introducing himself to new people at community events (skill-building)</p>	<ul style="list-style-type: none"> - Each day that Steve attends day support, ask his input into the plans for that day. - The calendar in the hallway gives a variety of options for different community events each day. - Steve goes out with two other people and they decide what they most want to do from the list. - During the activity, model saying hello to people you encounter. - Give Steve a moment to say “hello” and offer his hand for a handshake. - If needed, remind Steve to offer his hand for a handshake and to say “Hello” to people you meet during the event. - Assure that Steve participates fully, at his comfort level, in all activities taking place. - He will let you know he is uncomfortable by stopping and looking down. - He can get uncomfortable when he is crowded or when there are loud noises around. If this occurs, ask him if he would like to move to a different area to have some space. - Once he begins talking again, slowly rejoin the activity. - Pay attention to his comfort level and respond in the same manner, if he stops on 3 occasions, he is indicating that he has had enough of the activity and is ready to leave. - In the support log, record Steve’s ability to offer his hand and say “hello” without a reminder. Include how he participated and if he stopped or appeared uncomfortable at any point during the event. 	<p>weekly</p>	<p>6 hours</p>
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<p>7.</p> <p>Steve plans and prepares meals based on his nutrition plan in order to be healthy and feel good.</p>		<ul style="list-style-type: none"> - Steve prepares lunch and snacks based on his nutritional plan. - Steve avoids high acid foods and beverages including: tomatoes and citrus juices, regular coffee (needs low-acid brand). - Review the selections in his plan in the columns marked Lunch and Snacks. - Ask him what he would like to eat, and prepare according to the directions on the package. - Steve's food is kept in the storage bin in the refrigerator marked with his name and in the upper cabinet left of the stove. - Ask him to get his chosen foods from his bin/shelf. - Steve can press the buttons on the microwave, but needs gestures to ensure he sets the time and temperature correctly. - Remind him that the plate/package is hot and support him as needed with removing foods to prevent burns. - Record in the support log, if Steve was able to get his chosen foods from the bin/shelf correctly. Add any details related to his use of appliances or new information about his preferences. 	weekly	3 hours
<p>8.</p> <p>Steve talks about his day in order to maintain a positive mood and have stable blood pressure.</p>	Talking about the day	<ul style="list-style-type: none"> - Each day, spend one half hour listening to Steve share about his day. - He responds best when he has complete attention and quiet to talk. - A good time for Steve is after lunch and before he leaves for the day. - Typically, just asking him how his day went will be sufficient to start the conversation. - It is important to let him know that while we can't fix everything, he is heard. 	weekly	1.5 hours

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		<ul style="list-style-type: none"> - Finish the conversation by asking what he's looking forward to tomorrow. Look at his calendar with him if needed to discuss the weeks coming events. - Note any significant information in the support log. 		
10. Steve is a healthy, safe and valued member of his community.	PRN Medication	<ul style="list-style-type: none"> - Steve takes one medication as needed during day support for GERD. - When Steve holds his throat, it often means that he has increased acid. - When you notice him holding his throat, ask him if he needs his medicine. - He will nod or say "yes." - Hand him his pill according to the directions on the bottle and note the dosage in his Medication Record. - Call his residential provider and leave a message letting them know the time the medication was given. - If improvement is not noticed (Steve stops holding his throat) with 30 minutes. Call his doctor for directions. - Write a detailed summary of the incident in the support log including, time medication was provided, how Steve responded and any actions that were taken to contact his home or his doctor. 	As needed weekly	1 hours

Individual: STEVE Date: 6/20/12

Representative: _____ Date: _____

Provider: _____ Date: _____

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General Schedule of Supports**Provider: My Life Day Support****Service: Day Support**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	9am to 12pm #2 Walking the dogs (exercise) 12pm to 1pm #7 Lunch (meals) 1pm to 2pm #5 Introducing himself to new people (community events) #7 Snack 2pm to 2:30pm #8 Talking about the day		9am to 12pm #2 Walking the dogs (exercise) 12pm to 1pm #7 Lunch (meals) 1pm to 2pm #5 Introducing himself to new people (community events) #7 Snack 2pm to 2:30pm #8 Talking about the day		9am to 12pm #2 Walking the dogs (exercise) 12pm to 1pm #7 Lunch (meals) 1pm to 2pm #5 Introducing himself to new people (community events) #7 Snack 2pm to 2:30pm #8 Talking about the day	
Total:	Total: 2	Total:	Total: 2	Total:	Total: 2	Total:
Comments: Medication provided PRN as needed for GERD.						
Total hours or units per week: 6				Total weekly periodic support hours: 0		

This ISP belongs to: Steve Sample ID# 818 ISP Start: 7/1/12 End: 6/30/13 Revision: _____

ISP Dates: from 7-1-12 to 6-30-13

Provider: My Life Day Support

Service: Day Support

Supports	when	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Initials indicate that supports are provided as described in the support instructions in Part V of the current ISP.

[illegible]

Printed Name: Melissa Shafer Initials: MS Date: 6/20/12

Printed Name: _____ Initials: _____ Date: _____

Printed Name: _____ Initials: _____ Date: _____

Printed Name: _____ Initials: _____ Date: _____

Printed Name: _____ Initials: _____ Date: _____

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ID# 818 ISP Start: 7/1/12 End: 6/30/13 Revision: _____

Support Log

Date	Details
7/2/12 Outcomes # 2, 7	<p>Steve said he had a good day today during our talk after lunch. He needed several reminders today to fill the dog's food and water this morning, but walked twice as far as he did any day last week. He chose a sandwich for lunch and needed some physical support with spreading the mayonnaise on his bread. He found all supplies with only one reminder when he had difficulty locating the bread.</p> <p style="text-align: right;"><i>Melissa Shafer 7/2/12</i></p>
7/4/12 Outcome #\ 5, 10	<p>Steve took a break today at the Science Museum saying he was "nervous." We moved away from the crowd for about 15 minutes and had some pretzels and water and one dose of his PRN medication. He said he felt better and we resumed the tour. Upon returning, I called his residential provider and let her know that he had taken the one pill at 1:30pm. He introduced himself to 3 new people and said "hello" on his own in each instance, he needed a reminder twice to offer his hand for a handshake. The third situation didn't call for a handshake – so just saying "hello" was perfect.</p> <p style="text-align: right;"><i>Melissa Shafer 7/2/12</i></p>
7/6/12 Outcome # 2, 5, 7, 8, 10	<p>Weekly Summary: Steve walked the dogs and attended one community event each day this week. On Monday he walked twice as far as he did last week and needed reminders every day to feed and water the dogs. He continued to make his own snacks and lunch all week and had some difficulty locating supplies that he needed, but one or two reminders helped him to remember. He went to the Science Museum, an Art Show and the Mall to shop at DJ's on Friday where he bought a new baseball t-shirt and met the cashier, Cindy. He says "hello" on his own, but doesn't seem to notice when others offer him a hand to shake. I continue to remind him to offer his hand and model saying hello first. These two steps seems to help him be successful with greetings. He took one does of PRN medication on Wednesday and spend 30 minutes each day talking about his successes and frustrations. He says he looks forward to talking each day.</p> <p style="text-align: right;"><i>Melissa Shafer 7/2/12</i></p>

This Support Log contains the following types of notation:

- 1) Routine notes to meet Medicaid and Licensing requirements (including evidence of progress and person's response to supports),
- 2) Brief notes that describe new learning or when supports are not provided as agreed,
- 3) Notes that indicate documentation held in other locations (such as in Person-Centered Thinking tools).

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Review ☒ 1st ☐ 2nd ☐ 3rd ☐ 4th From: 7-1-12 to 9-30-12 or ☐ Update Only – Date: _____

PROVIDER: My Life Day Support SERVICE: Day Support

Person-Centered Review

Instructions: include the full outcome as reflected on the shared plan or in a previous update in column. Note if the outcome includes skill building. 1. Include the start or end date for each outcome in column 2.

Describe progress toward each Outcome
(according to the Plan for Supports: Support Activities and Instructions)

Desired outcomes (Important TO and/or Important FOR)	Start or End Date	Describe what has been tried and learned since the last review. What are you pleased about and concerned about?	Describe what will be changed or improved and what will stay the same.
2. Steve walks neighborhood dogs in order to make some money and stay fit.	7-1-12 <input checked="" type="checkbox"/> Continued <input type="checkbox"/> Ended	Steve walked the dogs every day as scheduled this quarter. We are pleased that he consistently increased his time and distance walking. He started with one trip to the circle, but by the end of the quarter he was making with walk twice. He continues to need reminders to feed and water the dogs when we get back to the house. He smiles frequently during the walks and always seems happy to see the dogs. We are concerned that sometimes he walks too fast and doesn't want to stop when he's short of breath.	In the coming quarter, we will identify places along the route where stops are natural such as flower gardens or benches where Steve can take a quick break.
5. Steve goes out (to restaurants, local festivals and sporting events) with his friends to have fun and meet new people.	7-1-12 <input checked="" type="checkbox"/> Continued <input type="checkbox"/> Ended	Steve enjoyed a variety of community events this quarter and met many new people. In particular, he says he likes seeing Cindy at DJ's Clothing Store. We make a point to stop there at least once a week so that he can say "hello." We have discovered that Steve likes Jazz and Blues music and have begun playing some during lunch, which he really seems to enjoy. He has been very successful with saying "hello" and smiling when he meets others. He continues to have some difficulty	We will continue to go with Steve to a variety of community events based on his preferences and support him with meeting new people and introducing himself. We will add a new outcome focused on Jazz and Blues music as a new interest that might help Steve relax and maintain a good mood. We are wondering if the addition of a companion might help him get to more sporting

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PROVIDER: My Life Day Support

SERVICE: Day Support

		noticing when others want to shake his hand and a reminder is needed when this occurs. We are concerned that there aren't as many sports fans at day support, so sporting events don't happen quite as often as we think he would like.	events since we are having trouble doing so.
7. Steve plans and prepares meals based on his nutrition plan in order to be healthy and feel good.	7-1-12 <input checked="" type="checkbox"/> Continued <input type="checkbox"/> Ended	Steve reviews his nutritional plan each day he is at day support and plans lunch and snacks based on his plan and his preferences. His residential provider continues to provide foods that he likes and that match his plan. Over the past quarter, he chose to eat out on 3 occasions and was able to have foods that do not aggravate his GERD. On one occasion he had Zip Cola and shortly afterwards needed PRN medication and said "no more, yuck."	We have added Zip Cola to the "Things I avoid" column on his menu. We will continue to review his plan each day and offer him choices based on his plan. By the end of the quarter, he has been able to find the foods he is planning to cook on his own when a DSP reads the items from his menu. He has shown the ability to set the microwave for preset items such as popcorn. We will continue to help him learn to set the times according to package directions. Support instructions will be updated to focus on setting the microwave for the correct amount of time.
8. Steve talks about his day in order to maintain a positive mood and have stable blood pressure.	7-1-12 <input checked="" type="checkbox"/> Continued <input type="checkbox"/> Ended	Steve has only attempted to leave day support once during the past quarter, which is 5 times less than the previous quarter. We are pleased that he is responding so well to afternoon talks. We are concerned that we are not always aware of when he is getting frustrated until it's too late and he's upset.	We have started a communication chart to identify what Steve is saying with his behavior. Once completed, it will be maintained in the front of his record for everyone who supports him to know what he might be communicating through his actions. The afternoon talks will continue based on the

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			positive changes we have noted this past quarter.
10. Steve is a healthy, safe and valued member of his community.	7-1-12 <input checked="" type="checkbox"/> Continued <input type="checkbox"/> Ended	Steve needed PRN medication on 4 occasions this quarter, which is 3 less than last quarter. We are pleased that only one of these occasions resulted in his having to leave day support for the remainder of the day.	We will continue to provide PRN medication, but are hopeful that his plan provides the right foods and means of stress management so that they will become increasingly less necessary.
Additional desired outcomes (include full outcome)	Start Date	Describe the expected benefits of this change as Important TO or Important FOR the individual.	
12. Steve listens to Jazz and Blues music in order to relax and develop his interest.	11-1-12	A stable mood is important FOR Steve. Since Jazz and Blues music is a new interest that is important TO him, we will support him in the coming quarter with finding opportunities to discover and listen to Jazz and Blues.	
Please describe any significant events not reported above: Steve attempted to run from day support on August 15 th after getting in an argument. We identified that the argument was a result of another individual taking a pack of baseball cards that Steve brought along that day. Steve now has a locker where he keeps his things so that others can't take them. There have been no similar instances since that time.			
Please describe any additional medical information including medical appointments, medication changes, physical complaints or other health issues: We have noticed a decrease in the use of PRN medication as reported above. Steve is walking farther with the dogs and says he feels better more often.			
Please explain the reasons, in detail, this person continues to need high intensity supports (Day Support or Pre-vocational) and/or overnight safety supports (Residential) as indicated in the Plan for Supports, if applicable: Due to the infrequency of events, high intensity is not needed at this time.			
Describe the individual's satisfaction with supports: Steve consistently says he likes day support and that we support him to do what he likes.			
Will this be followed by a service authorization request in IDOLS to reflect changes in support hours? <input type="checkbox"/> Yes, because hours are changing <input checked="" type="checkbox"/> Not needed: no change in support hours			

*The individual/representative signature below is not required for completion, but is recommended and provides confirmation of their review.

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PROVIDER: My Life Day Support SERVICE: Day Support

Individual: _____ Date: _____

Representative: _____ Date: _____

Provider: Melissa Shafer Date: 9-30-12

Outcome changes approved by Support Coordinator:

<u>Melinda Grey</u>	<u>10/2/12</u>
Support Coordinator	Date

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